

HOW TO GET INVOLVED IN YOUR CHILD'S SCHOOL

- Elect one member of your child's lunch staff to serve as a "Food Angel" so that children with food allergies are given access to hot lunches that are safe for them to eat.
- Work with your child's school administrator, counselor, and principal and help ensure awareness sessions are held every year during FAAW. For example, some schools have held information nights similar to "Back to School" sessions where parents and food service workers gather during FAAW to discuss label reading and recent news about food allergies.
- Ask your child's school nurse to review the action plan for managing your child's allergies. Check the expiration dates on all medication.
- Arrange to distribute *Food Allergy Basics* fact sheets and "Be a P.A.L." information packets to all staff members during FAAW.
- Volunteer to make a bulletin board about food allergies in a central location. Build a theme around FAAW such as "Caring Community."
- Elect a PTA member or parent volunteer to dress as one of the characters from the FAAN books (i.e. Lenny the Lion or Alexander the Elephant) to inform the children about the dangers of food allergies. Show the *Alexander the Elephant* DVD in the classrooms and read one of FAAN's books.
- Post notices in your child's lunchroom and school kitchen to alert everyone about the signs and symptoms of allergic reactions.
- Have the children in your child's class suggest ways to have a celebration without using food. Copy the ideas and share them with teachers for planning future celebrations.
- Ask the nurse to plan an allergy drill simulating an allergic reaction so that staff members can practice executing the emergency plan.
- Have your child's class make posters highlighting ways to help someone who has food allergies.
- Cut out pictures of foods from magazines, and have the children work in groups to point out which foods to eat if they are allergic to _____ (assign a different allergy to each group).
- Work with your child's school to enforce a "No Food Sharing" policy, and educate the children as to why such a policy is important.
- Ask teachers if you can implement a coloring contest during FAAW. Assign a different page from FAAN's coloring activities to each classroom depending on their abilities. Have those classes color the assigned pages and award prizes and honorable mentions to the best pictures.